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**CHFS Focus Employee Spotlight - Betsy Farley,  
Division of Child Care**

*By Anya Armes Weber*

Dr. Betsy Farley likes to learn.

The director of the Division of Child Care within the Department for Community Based Services has a master's degree in Social Work from the University of Kentucky, a doctorate in education curriculum instruction from UK and a master's degree in public administration from Indiana University.



"Some people played bridge or golf, I went to school," she said.

She has been a preschool teacher and until a few years ago she taught graduate level social work classes at UK.

Farley worked at UK for 10 years. She has been with the cabinet for 18 years as part of the Department for Social Services, as executive director for the Commission on Human Services Collaboration and as manager of the Kentucky Children's Health Insurance Program (KCHIP).

She has also worked at hospitals and with consultation programs for people with mental health problems, with children with special health care needs and at the state's Comprehensive Care Centers.

"I always worked full time while I went to school," she said. "I have a lot of experience as well as the degrees."

Farley shares her love of learning with low-income families through Altrusa, a volunteer association of professional women.

In partnership with Operation Read, the group has focused on mentoring single women going to school, teaching English as a second language and supporting children. One project is giving every child enrolled in the Head Start Program a book to take home at the end of the school year.

"Literacy is a passion of mine," Farley said. "I really believe it is important to know how to read and function. So many things are dependent on reading. If you can't pick up a book, you can't use a computer, you can't function in society."

Farley's division administers the Child Care Assistance Program (CCAP) to help Kentucky's low-income families

find and afford quality child care and promotes training opportunities to child care staff.

Child care is a "feel-good" place to be, Farley said, because it brings so many family services – family assistance, protection and permanency and other social services – together in a positive way.

"You really get services out that can make a difference in terms of outcomes for children and families."

Farley said standards for quality child care have evolved in recent years.

"There is a much greater emphasis now in trying to make sure that you actually use kids' time well, and you nurture, stimulate and work with them so that they will be ready to go to school and be more successful," she said. "If you are looking at outcomes, it's a really good place to be, because you can potentially have an impact. If you have quality child care, you are helping kids to achieve."

Farley thinks good, affordable child care is important on many levels.

"Without this, low-income families would have a very, very difficult time, and children would be at risk," she said.

Farley called it a "terrible cycle" when children are cared for in an unsafe, unhealthy place and get sick so their parents can't go to work. "When kids are in a better place, they are more stable, and their parents feel more comfortable. They're both happier and healthier."

When parents know their children are properly cared for, they have the freedom to work, Farley said.

Farley lives in Lexington with her husband Dan, an avid college basketball fan.

March Madness actually means lots of together time for the couple.

"Since one of my passions is reading, we have a perfect relationship," she said. "When I come home and I'm really tired, I've got a book and he's watching basketball. So we can be together. I can stop reading at any point. And so when there's a break in the game, we can talk and interact."

But if play gets intense and Dan gets loud, "that's when I go to another room."

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Farley travels often with Dan, a journalist who writes about thoroughbreds for England's Racing Post. Their destinations have included Paris, Tokyo, Venezuela and England, but recent travels have been inside the United States, including two trips out west.

The couple has two adult daughters and one grandson, Noah, who is almost 8 and became a fan of fondue while spending New Year's Eve with Farley.

"Family is No. 1" on Farley's list of priorities, she said. "I like spending time and laughing with them. I enjoy working with them and knowing what they are doing and where they are going – in terms of their lives and their dreams."

Work is fulfilling, Farley said, because she's doing something she likes. "If you stay focused on the job, you get to see the results, and it feels good. That makes coming to work a lot of fun."

Farley reminds staff to work as a team and keep things in perspective.

"If we're not laughing a little bit all the time, I'm worried we're not doing something right," she said. "While we do things that can be serious or important, there should be those moments that you can say, 'This is fun, this is interesting.'"

### **CHFS Focus Program Spotlight - Department for Public Health Preparedness Branch**

#### **Prepared to Protect Public Health in the Commonwealth**

People haven't always thought of public health as an emergency responder. But times have changed. In today's world of unpredictable events, such as the recent tsunami in Southeast Asia and the anthrax attacks of 2001, public health has a new role to fill in emergencies.



Preparing to protect the public's health in a disaster is the focus of the Public Health Preparedness Branch within the Department for Public Health. Emergencies by their very nature can happen at any time, in any place, with no warning. Because of this, the Preparedness Branch focuses on building public health's capacity to respond at the state and local level, through unified, regionally-focused emergency response

plans. Outbreaks of disease don't follow state or county lines, so preparedness must cross those boundaries as well.

"The Public Health Preparedness Branch provides the strategic direction and coordination needed to deal with public health emergency preparedness and response activities," said Todd McCoy, Preparedness Branch Manager.

The branch operates under the direction of the Division of Epidemiology and Health Planning in DPH. Preparedness activities are funded through two grants aimed at increasing public health and hospital preparedness in all states, one from the Centers for Disease Control and Prevention (CDC) and the other from the Health Resources and Services Administration (HRSA). Kentucky has received approximately \$62 million over the past three years.

One of the branch's major focuses is coordinating the activities of 65 employees based at local health departments statewide and are known as public health preparedness planners. The planners work with emergency management agencies, first responders, hospitals and other health care facilities to develop plans that support the local, regional and statewide response to special threats posed by potential acts of bioterrorism, outbreaks of disease and other public health emergencies.

The response plans include preparations to rapidly supply vaccines and other medicines to the public, to perform facility-based triage and to provide short and long-term psychological support to affected individuals.

The Preparedness Branch works in collaboration with other DPH divisions and state agencies in areas such as training, disease surveillance and reporting, information technology and laboratory services to develop comprehensive statewide plans.

"The Department for Public Health is working to develop preparedness partnerships on all fronts and is committed to seamless coordination with the Kentucky Office of Homeland Security," said McCoy. "We are very lucky to have such excellent partners to work with us on this vital issue."

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### Secretary's Forums scheduled for March

*By Anya Armes Weber*

The first Secretary's Forums of the year have been scheduled for later this month.

Secretary James W. Holsinger will speak to Frankfort staff at four sessions in the Health Services auditorium.



Employees will hear about the 2005 legislative session, cabinet wellness promotion and other issues affecting the cabinet and will have the chance to ask questions.

Forums are scheduled as follows:

**Wednesday, March 30:** 11 a.m. - 12 p.m., Supervisors

**Wednesday, March 30:** 1 - 2 p.m., Staff

**Thursday, March 31:** 2 - 3 p.m., Staff

**Friday, April 1:** 10-11 a.m., Staff

Regional staff can look for forum transcripts online and will be able to view a video of the event.

### Social Work Appreciation Month kicks off of national public awareness campaign

*By Anya Armes Weber*

March is Social Work Appreciation Month, and the National Association of Social Workers (NASW) Foundation is launching a public education campaign for the profession.



The campaign focuses on the "sandwich generation"-- people ages 35-54 who are caring for their families as well as aging relatives. Since most average Americans think they will never need the help of a social worker, the campaign is intended to change audience perceptions about who can benefit from social work services and teach them more about what social work can do for them.

The NASW Foundation plans to spend the next year telling social workers' stories through national broadcast, print and online media.

The group encourages social workers across the country to join the public awareness efforts. Log onto <http://www.naswfoundation.org> for more information.

### CHFS Deputy Secretary Delanor Manson appointed to Minority Action Committee

*Governor Ernie Fletcher announces Minority Action Committee, Blue Ribbon Panel for Human Rights Commission*



Governor Ernie Fletcher announced on March 1 the formation of the Minority Action Committee that will be responsible for establishing Kentucky as a state which encourages and welcomes minorities to earn their living, raise their families, and pursue their dreams.

In addition, the Governor signed an executive order appointing a 13-member blue ribbon panel of distinguished citizens which will evaluate the Kentucky Human Rights Commission. Governor Fletcher said, "I am confident the Minority Action Committee and the blue ribbon panel will help us in our quest to provide better opportunities for all minorities and all Kentuckians."

Governor Fletcher emphasized both the Minority Action Committee and the blue ribbon panel are designed to protect and promote the interests of minorities throughout the Commonwealth.

The Minority Action Committee will be chaired by Tierra Kavanaugh Turner, executive director of the Governor's Office of Minority Empowerment. The members will include many of the top-ranking officials in Governor Fletcher's administration:

- Erwin Roberts, Secretary of the Personnel Cabinet
- Derrick Ramsey, Deputy Secretary of Commerce
- Mike Alexander, Governor's Deputy General Counsel
- Bob Ramsey, Special Assistant to the Adjutant General in Military Affairs
- Delanor Manson, Deputy Secretary, Cabinet for Health and Family Services
- Penny Armstrong, Executive Director, Office of Employment Training
- Jerry Blanton, Deputy Commissioner, Department of Parks

"This is the first time a governor has created a committee with the goal to make Kentucky a better place for minorities to live, work, and raise families," said Tierra Kavanaugh Turner. "I commend Governor Fletcher for his vision and I ask for the continued support of African American communities across the state as we work toward a brighter future."



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The 13-member blue ribbon panel that will evaluate the Human Rights Commission includes many well-known minority leaders:

1. Bill Cofield, President, KY Conference of NAACP Branches
2. Rev. Russell Awkard, Vice Moderator, General Association of Baptists in KY
3. Sharon Fields, Executive Director, KY Disabilities Coalition
4. Porter G. Peebles, President/CEO, Urban League of Lexington/Fayette County
5. Rev. David Sanchez, Associate Pastor, Church of the Holy Spirit, first Hispanic minister of the Louisville Diocese
6. Pat Freibert, Chair, KY Commission on Women
7. Rev. Raynarldo Henderson, Pastor, Washington St. Baptist Church
8. Dr. Doris Wilkinson, Director, Project on the African American Heritage, first African American graduate of the University of Kentucky
9. Senator Gerald Neal, State Senator, 33rd District
10. Howard Mann, Attorney, former chairman, KY Commission on Human Rights
11. Marcia Milby Ridings, Attorney, former president, KY Bar Association
12. David Alan Friedman, former general counsel for the ALCU of KY
13. Hon. Larry Smith, Administrative Law Judge

Rev. Raynarldo Henderson voiced his commitment to the blue ribbon panel. "I am honored to serve, and I will use my time, energy and resources to do the best job possible to improve life for all Kentuckians," said Rev. Henderson.

David Alan Friedman added, "I applaud Governor Fletcher for looking out for the rights of minorities and I look forward to working with him to fulfill that vision."

Judge Smith also commended the governor, saying, "We are looking forward to getting to work on this very important cause."

One of the Minority Action Committee's primary responsibilities will be to promote Kentucky as a destination for minority tourism. Governor Fletcher said that plans are under way to establish a Civil War trail in Kentucky; to restore and reopen Cherokee Park in western Kentucky, which was the nation's third blacks-only state park when it was opened in 1951; and to establish and expand educational programs for inner-city youths, such as the archery program that the Department of Fish and Wildlife currently is operating in two Louisville schools and 14 community centers.

"We must make certain that America knows that Kentucky is progressive in every way," Governor Fletcher said. "Our hearts, minds, and arms are open to embrace good people regardless of race, religion, gender, or political beliefs."

Both the Minority Action Committee and the blue-ribbon panel will go to work immediately.

### Nominations sought for Sheila G. Eckler award

*Award honors exemplary family support staff*

*By Anya Armes Weber*



The Department for Community Based Services has created an award to honor a Pulaski County family support worker who died on the job seven years ago.

Sheila G. Eckler, a field services manager in the Department of Social Insurance, was driving to a Frankfort meeting the morning of Jan. 23, 1998, when she lost control of her vehicle and struck a tree about 17 miles from her Somerset home. The 51-year-old was survived by her husband, Charles "Chuck" Eckler.

Persons eligible for the Sheila G. Eckler award include employees in the family support worker series or supervisors with direct service experience.

"This award serves as a reminder of the hazards our staff routinely face while delivering quality service to citizens of the commonwealth," DCBS Commissioner Mike Robinson said. "It also pays tribute to Sheila's dedication to helping the customers in her region."

Nominations must be made in writing and cannot exceed two pages in length. Nominations should include biographical information and a description of the nominee's exemplary work performance.

Those considered for the award should represent Eckler's methods and values in serving children and their families, including professionalism, community involvement, innovation and initiative. KAMES and other records may be evaluated in order to verify nominees' work habits. Supervisors may nominate staff, and each region will review its nominations and select one as the regional nominee. Regional nominations must be submitted by Tuesday, March 15.

A three-member committee will review nominations with nominees' names, counties, regions and other identifying information deleted to ensure unbiased judging.

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Regional nominees and the Sheila G. Eckler award winner will be recognized at a presentation ceremony May 18 at the SRA/SRAA meeting in Louisville.

Nominations must be sent to Marcia James at [Marcia.james@ky.gov](mailto:Marcia.james@ky.gov) or at 275 E. Main St., 3W-A, Frankfort, KY 40621.

For more information about the nominating process, contact James at the above e-mail address or by calling (502) 564-3703.

### CHFS Focus Health Tip of the Week - March Is National Colorectal Cancer Awareness Month

By Anne Parr, R.N.

More than one third of deaths from colorectal cancer (cancer of the colon or rectum) could be prevented if everyone aged 50 or older were screened regularly for the disease. Yet, according to the Centers for Disease Control and Prevention, the number of people tested for colorectal cancer remains low.



Colorectal cancer affects both men and women, and occurs in all racial and ethnic groups, and is highly preventable, treatable and often curable. Regular exercise and a diet rich in vegetables, fruits and high fiber foods as well as adequate intake of folic acid and calcium may help to prevent colorectal cancer, but are no substitute for regular screening. Screening tests can find polyps, and these polyps can be removed before they turn into cancer.

Starting at age 50, men and women who are at average risk should be screened regularly for colorectal cancer. Men and women who are at high risk of the disease may need to be tested earlier and should talk to their health care professional about when and how often. Screening tests are not painful.

See your physician to inquire about and discuss the scheduling of this life saving test. For more information about colorectal cancer, visit [www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal).

### Tsunami Nursing Text Book Donation

The American Nurses Association put out a call for donations of nursing textbooks and medical resource material to help replace those lost in the recent tsunami

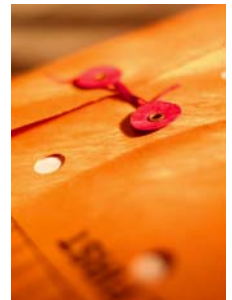


disaster in Southeast Asia. In response, nurses in the Cabinet for Health and Family Services collected a total of 50 books, including large nursing textbooks, medical references and various other books on medical topics to donate. The 11 boxes weighing a total of 325 pounds are being shipped to the Indian Society of HealthCare Administrators (ISHA) in Bangalore, India.

ISHA will distribute the educational material in India and Sri Lanka. The generous donation is sure to be appreciated by the student nurses and healthcare providers; many have lost their reference resources entirely. Most student nurses and healthcare providers use English textbooks and resource materials. Pat Greer with the Commission for Children with Special Health Care Needs coordinated this effort for CHFS.

### The Big Move brings a change of address for newly moved offices

The Finance and Administration Cabinet's Postal Services has assigned new mail stop codes to offices that have recently moved or will move. In order to ensure efficient delivery of mail, Postal Services asked that all mail drops/pickups be located on a main hall and properly labeled except those for the Secretary and Undersecretary drops.



In addition, several divisions are now combined into one drop. This was done because the group is small in number and/or because of significant changes as a result of the reorganization such as the name of the group. However, when possible, Postal Services tried to retain existing mail stops.

If your move has not yet occurred, the newly assigned mail stop will be effective upon completion of your move. Postal Services has advised that if each agency referenced would provide a list of employees assigned to that area, it will assist with the distribution of mail, particularly when staff move from one agency to another such as Contracts staff from DCBS to Fiscal Services. Please send your lists via email directly to Mark Simpson, Finance, Postal Services.

Following are the new mail stops by area:

**Basement** – Former Postal Services area – To be occupied by June

- Office of Technology, part of the Division of User Support – Mail will to come into the 4<sup>th</sup> floor – 4WE

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**1<sup>st</sup> floor** –Office of the Ombudsman, Division of Program Integrity – **IEB**

**3<sup>rd</sup> Floor**

Department for Community Based Services

- Commissioner's Office and Divisions of East and West Service Regions – Did not move – **3WA**
- Division of Policy Development - **3WB**
- Division of Protection and Permanency – **3CE**
- Division of Family Support – **3EI**
- Division of Child Care – **3CF**
- Division of Administration and Financial Mgt – **3WC**
- Training Branch – **3WD**

Office of the Certificate of Need – **3CB**

Department of Human Support Services

- Commissioner's Office - **3WE**
- Division of Family Resource and Youth Service Centers, Division of Women's Physical and Mental Health and Division of Child Abuse and Domestic Violence Services. – **3CG**
- Division of Aging Services and Commission on Community Volunteerism –**3WF**



**4<sup>th</sup> Floor**

Enclosed Pod on 4 - **4WA**

- Office of the Inspector General
- Undersecretary for Administration and Fiscal Affairs
- Undersecretary for Children and Family Services
- Undersecretary for Health
- Undersecretary for Human Services

Office of Fiscal Affairs –Rob Edwards and Division of General Accounting –**4EA**

- Division of Facilities Mgt –**4EC**
- Division of Financial Reporting –**4WB**

Division of Contract Oversight – Executive Director and Division of Contract Services – **4EE**

- Division of Procurement Services - **4EB**

Office of Technology – **All Divisions remain 4WE**

- Ex. Director's office
- Division of Systems Mgt
- Division of User Support
- Division of Network Mgt

Office of Legislative and Public Affairs, Division of Communications – **4CA**

**5<sup>TH</sup> Floor**

Office of the Inspector General

- Inspector General & Division of Health Care Facilities Services - **5EA**
- Division of Special Investigations– **5ED**

Office of Human Resource Management – Executive Director – **5CD**

- Division of Personnel Administration
- Division of Employee Management

This group will also have staff moving from Fair Oaks and HSB 3<sup>rd</sup> floor

Office of Legal Services – **5WB**

- Executive Director is located in the Secretary's Pod
- Division of Administrative Law and Litigation
- Division of Field Operations

Office of the Secretary – Pod – **5WA**

Office of Legislative and Public Affairs – Executive Director - Pod – **5WA**

- Division of Administrative Hearings - **All located at HS1EA**
- Division of Legislative Affairs – **5WA.**

**6<sup>th</sup> floor – This floor will be moved between 3/7 - 31**

Department of Medicaid Services

- Commissioner's Office – **6WA**
- Division of Administration and Financial Mgt –**6WC**
- Division of Claims Mgt. – Center of Building – **6CA**
- Division of Medical Mgt. and Quality Assurance – **6CC**
- Division of Long Term Care and Community Alternatives – **6WB**
- Division of Hospitals and Provider Operations – **6CB**
- Division of Children's Health Insurance – **6WD**



Office of the Inspector General

- Division of Fraud, Waste & Abuse Identification and Prevention - **6EB**
- Division of Regulated Child Care & Division of Audits and Detection – **6ED**

If you have any questions about the new mail stops, please contact your move coordinator.



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## Employee Enrichment



By Anya Armes Weber

*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*

If you find you're starting every week with "a case of the Mondays," Armando Gomez, a career advisor at AskMen.com, has some tips to help adjust to this least favorite day and make it more productive.

**Know what to expect.** You'll be disappointed if you head into work thinking you'll start the day with a clean slate. Be prepared for the week's events.

**Prioritize your tasks.** Make a to-do list. Deal with urgent matters first and sweat the small stuff another time.

**Make Fridays more productive.** You may be almost spent by the end of the week, but that's the perfect time to clear your plate of back-burner projects.

**Plan some emergency time.** New projects will pop up and old ones will evolve. Allow 10-15 percent of your work week to tackle these unplanned assignments.

**Deal with everyday issues as they come.** Unexpected personal, health and home-related problems can sidetrack your work. You have to deal with these impromptu events as they come along.